****

**CUL 110: Culinary Foundations I**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Primary  Competency #1** | **K/S** | **Primary  Competency #2** | **K/S** | **Secondary Competencies** | **K/S** |
| 1 | **Kitchen Equipment Overview and Safe Use**  Knowledge Area: Food Preparation 1, 6 | K |  |  |  |  |
| 2 | **Kitchen Equipment Overview and Safe Use, Basic Knife Skill and Care**  Knowledge Area: Food Preparation 1, 6 | K | **ServSafe Micro-World**  Knowledge Area: Sanitation 1 | K |  |  |
| 3 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Contamination, Food Allergens and Food Borne Illness**  Knowledge Area: Sanitation 1 | K |  |  |
| 4 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe The Flow of Food**  Knowledge Area: Sanitation 1 | K |  |  |
| 5 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Flow of Food**  Knowledge Area: Sanitation 1 | K |  |  |
| 6 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe The Flow of Food**  Knowledge Area: Sanitation 1 | K |  |  |
| 7 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Safety Management Systems**  Knowledge Area: Sanitation 1 | K |  |  |
| 8 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Sanitary Facilities and Equipment K/S**  Knowledge Area: Sanitation 1 | K |  |  |
| 9 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Cleaning and Sanitizing**  Knowledge Area: Sanitation 1 | K |  |  |
| 10 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Integrated Pest Management**  Knowledge Area: Sanitation 1 | K |  |  |
| 11 | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S | **ServSafe Integrated Pest Management**  Knowledge Area: Sanitation 1 | K |  |  |
| 12 | **Midterm Exam** | K |  |  |  |  |
| 13 | **Stock Preparation**  Knowledge Area: Food Preparation 42, 43, 44, 45 ,46, 47 | K/S | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S |  |  |
| 14 | **Stock Preparation**  Knowledge Area: Food Preparation 42, 43, 44, 45 ,46, 47 | K/S | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S |  |  |
| 15 | **Soup Preparation**  Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S |  |  |
| 16 | **Soup Preparation**  Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S |  |  |
| 17 | **Soup Preparation**  Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S |  |  |
| 18 | **Soup Preparation**  Knowledge Area: Food Preparation 54, 55, 56, 57 | K/S | **Basic Knife Skills** Knowledge Area: Food Preparation 1 | K/S |  |  |
| 19/20 | **Practical Exam** | K |  |  |  |  |
| 21 | **Theory Final Exam** | K |  |  |  |  |

**Key**: K – Knowledge / Theory

S – Skill